## SHRI SAMARTH SHIKSHAN PRASARK MANDAL, ASHTI

# SHRI SAMARTH ARTS & COMMERCE COLLEGE, ASHTI

# 7.2 Best Practices

7.2.1 Describe two best practices successfully implemented by the institution as per NAAC format provided in the manual

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SHRI SAMARTH SHIKSHAN PRASARAK MANDAL, ASHTI SHRI SAMARTH ARTS AND COMMERECE COLLEGE, ASHTI

Best Practice I

# Yoga - A Way of Life

## Best Practice I

## Yoga -A Way of Life

Yoga is an indivisible exercise for human beings for an active and healthy life. It is a relative and qualitative term which occurs positive changes in the behavior of mankind. Yoga is a science which studies to the integration of creatures, it consciousness and material things. It also depicts the relationship between nature and human beings. Yoga promotes the efficiency and productivity of human resources.

## **Objectives of the Practice**

Yoga is an essential in daily life for all types development of human. The following objectives are given to define Yoga as best practice.

- > To create awareness about Yoga in daily life among students
- > To motivate them for healthy and discipline way of life
- > To elaborate benefits of Yoga for healthy and stress free life .

#### **Context of the Practice**

A historical study indicates that India was specialized in Yoga practices in ancient period. Indian saints performed Yoga for their concentration and self-satisfaction. Swami Vivekananda adopted the way of Yoga for achieving the goal of life. In this way, the importance of Yoga in daily life is explored by India from time to time.

The 21<sup>st</sup> century focuses on technological changes in every section of the society. At present, human activities in mainly performed by machines. Due to the expansion of information technology, every nation pays more attention to utilize advanced technology in the process of production. The power of concentration is diverted by using more techniques in the execution of daily work. As a result, there is an inverse effect on the efficiency and productivity of work as well as human fitness. As per the Human Development Report (HDR-2017) although India has the largest proportion of demographic dividend; it lags behind in quality of work. Therefore, the importance of Yoga plays a decisive role for transforming workforce into productive assets and also to strengthen for mental and physical fitness.

In order to propagate the importance of Yoga in daily life, Government of India put the proposal of International Yoga Day in the meeting of United Nations General Assembly in December 11, 2014. Considering the importance of Yoga in daily life, United Nations resolved to celebrate 21<sup>st</sup> June as International Yoga Day in 2015 across the world.

### Yoga in Higher Education

The process of development depends upon the proportion of an active and efficient workforce in the country. For promoting efficiency and capacity of workforce, Yoga is an essential in daily life. As stated earlier, India stands the largest proportion of workforce in the world. As per the report of Census 2011, the proportion of workforce (under the age group 15-59 yrs.) is 58% in total population. It is also known as demographic dividend, active population or productive workforce. The youth population (studying population under the age group 15-29 yrs.) is treated as 'students' who engage in higher education institutions (HEIs) for their study purpose.

Education is a transformative process which enhances capacity building and generation of confidence among students. It is possible to utilize their capacity in proper direction through Yoga practices. In another way, Yoga is an essential for students to transform their capacity into productive assets. In India, most of the students are pursuing their education in rural area. In rural area, the standard of living is lower as compared to urban area. It means there is low level of awareness about physical and mental fitness. Especially in girl students the health related problems are more acute in rural area. Therefore, it is needful to pay more attention to rural students for their physical and mental balance. Yoga is a possible way to enhance their efficiency in daily life. The efforts have been made by the college to introduce 'Yoga for Students' initiative from 2017-18 in this context.

## The Practice

Practicing Yoga aims at motivating students for healthy and disciplined way of life. Department of Physical Education took initiative to conduct Yoga sessions. Year wise brief reports of Yoga and Surya Namaskar sessions is summarized as follows :

## Yoga Sessions in 2021-22

#### > Participation in 75 Crores Surya Namaskar Challenge Project

As per directions from University Grants Commission ,our college participated in 75 cores Surya Namaskar challenge Project during 5 to 14 January 2022 .51 students took part in this activity.

#### > Training session on Yoga :

The college organized a workshop on Yoga and Surya Namaskar on 22 February 2022. Shri .Sandip Mandale ,Assistant Professor, HVPM College of Physical Education guided students on Yoga. Shri Yogesh Paliwal ,Yoga Expert demonstrated Yogasanas, and Suryanamaska and breathing exercises in view of increasing health issues in post -COVID -19 period.

#### Activity Plan for IDY-2022

As per guidelines from UGC, the college held 12 sessions of Yoga in April ,May and June 2022 to spread benefits of Yoga. Many asanas like *Padmasan*, *Dhamurasan Bhujangasan Sukhasan Tadasan and Surya namaskar* were practiced. Breathing exercises like *Omkar pranayam*, *Anulom –vilom , Shitali Pranayam*, *Bhramari Pranayam*, *Kapal bhati* were also included.

Yoga Session in 2020-21

The lockdown conditions condition continued though out the session 2020-21. Hence an actual programme on Yoga was not possible in this year. The severe effects of COVID-19 virus on human respiratory system have shown the urgency and importance of Yoga practice in daily life. On this backdrop ,the college organized an **online programme** through Google Meet on **"Yoga and Surya Namaskar"** on **13 March 2021**. Shri . Sandip Mandale ,Assistant Professor, HVPM College of Physical Education ,Amravati was the resource person .He presented a Power point presentation and explained Yogasanas, Pranayam, Sutra Neti, Jal Neti and Suryanamaskar. **35** students and **6** teachers participated in the workshop.

## : Yoga in 2019-20 :

Our college promoted Yoga activities for holistic development of students. A systematic schedule of Yoga sessions for students was drafted. Students were divided into class wise groups for the purpose of discipline. The sessions were held during 7.30 to 8.00 a.m. in the morning. In all 26 sessions of Yoga practice were held during 05 August 2019 to 04 October 2019 .Total 6 28 students participated in these sessions.

Sr. No	Date	Timing	Class	Yogasan performed	No. of Participants
1	5/8/2019	7.30 to 8.00 a.m.	B.A.I	Surya namaskar,, T adasan ,Vrukshasan ,Vajrasan ,and Padmasan	21
2	13/8/2019	7.30 to 8.00 a.m.	B.A.I	Surya Namaskar, Omkar , Anulom Vilom , Padmasan and Pandukasan	45
3	19/8/2019	7.30 to 8.00 a.m.	B.A.I	Surya namaskar, Kapalbhati Bhramari pranayam, Paschimottanasan and Omkar	30
4	20/8/2019	7.30 to 8.00 a.m.	B.A.II	Surya namaskar, Omkar , Kapalbhati , Padmasan and Sukhasan	12
5	22/8/2019	7.30 to 8.00 a.m.	B.Com.II	Surya namaskar,Omkar ,Anulom Vilom ,Vajrasan ,Padmasan and Paschimottanasan	07
6	27/8/2019	7.30 to 8.00 a.m.	B.A.II	Surya namaskar,Omkar , ,Vajrasan ,padmasan and Tadasan	35
7	28/8/2019	7.30 to 8.00 a.m.	B.Com I	Surya namaskar, Vrukshasan, Pandukasan and Anulom Vilom	12
8	03/9/2019	7.30 to 8.00 a.m.	B.A.ll and B.Com II	Surya namaskar,Omkar ,Anulom Vilom ,Vrukshasan and Tadasan	16
9	04/9/2019	7.30 to 8.00 a.m.	B.Com 1	Surya namaskar,Omkar ,Anulom Vilom ,vajrasan ,padmasan and kapalbhati	30
10	05/9/2019	7.30 to 8.00 a.m.	B.Com I	Surya namaskar,Omkar , Tadasan ,Vrikshasan ,and Padmasan	25

## : Yoga Sessions during 2019-20 :

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11	09/9/2019	7.30 to 8.00 a.m.	B.A.I	Surya namaskar, Tadasan .Vrukshasan and Pandukasan	45
12	11/9/2019	7.30 to 8.00 a.m.	B.Com I	Surya namaskar, Tadasan . Vrukshasan and Pandukasan	35
3	12/9/2019	7.30 to 8.00 a.m.	B.Com.II	Surya namaskar, Omkar , ,Bhramari Pranayam and Paschimottanasan	15
	13/9/2019	7.30 to 8.00 .a.m.	B.Com.III	Surya namaskar, Tadasan , Vrukshasan , Kapalbhati and Padmasan	10
5	16/9/2019	7.30 to 8.00 a.m.	B.A.I	Surya namaskar,Omkar ,Anulom Vilom , Vrikshasan ,and Padmasan	20
6	17/9/2019	7.30 to 8.00 a.m.	B.A.II and BA III	Surya namaskar, Tadasan, Vrukshsan , Omkar Pranayam, and Kapalbhati	35
17	18/9/2019	7.30 to 8.00 a.m.	B.Com l	Surya namaskar, vrukshasan, Pandukasan , Vajrasan and Anulom Vilom	15
8	19/9/2019	7.30 to 8.00 a.m.	B.Com.II	Surya namaskar, Tadasan, Vrukshsan ,Vajrasan and Padmasan	15
9	20/9/2019	7.30 to 8.00 a.m.	B.Com.II	Surya namaskar , Tadasan ,Vrukshasan, ,Vajrasan ,and Omkar	05
20	23/9/2019	7.30 to 8.00 a.m.	B.A.I	Surya namaskar, Tadasan, Vrukshasan, and Anulom Vilom	35
21	24/9/2019	7.30 to 8.00 a.m.	B.A.II and BA III	Surya namaskar, Tadasan, Vrukshsan ,Vajrasan and Padmasan	30
12	25/9/2019	7.30 to 8.00 a.m.	B.Com I	Surya namaskar, Tadasan , Vrukshasan ,Kapalbhati and Padmasan	24
23	27/9/2019	7,30 to 8.00 a.m.	B.Com IIII	Surya namaskar, Tadasan , Vrukshasan , Kapalbhati and Pandukasan	21
24	30/9/2019	7.30 to 8.00 a.m.	B.A.I	Surya namaskar,Omkar ,Anulom Vilom , Tadasan ,and Padmasan	40
25	1/10/2019	7.30 to 8.00 a.m.	B.A.II and B.A.III	Surya namaskar, vrukshasan, Pandukasan , Vajrasan and Anulom Vilom	40
6	4/10/2019	7.30 to 8.00 a.m.	B.Com. III	Surya namaskar, Omkar and Anulom Vilom,	10

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#### Training Session Yoga and Surya Namaskar

The Department of Physical Eduaction organized a workshop on Yogasans and Surya Namaskar on **3 February 2020**. Shri .Sandip Mandale , Assistant Professor, HVPM College of Physical Education ,Amravati was the resource person. Shri Hemant Bhivarkar ,International Yoga expert from HVPM accompanied him as demonstrator. Shri Bhivarkar demonstrated Surya Namaskar in 12 steps . Shri Mandale explained the right techniques of performing Surya Namaskar. Shri Bhivarkar also demonstrated many Yogasans like Tadasan, Paschimottanasan, Naukasan, Bhujangasan, Sarvangasan and Jalneti. A demo of " Dynamic Surya Namaskar " – a novel exercise was also shown for students. 156 students and 08 teachers participated in the programme .

: YOGA IN 2018-19:

21 sessions were held during during 24 December 2018 to 18 February 2019 .Total 317 students participated in these sessions.

Sr. No	Date	Timing	Class	Yogasan performed	No. of Participants
1	24/12/2018	7.30 to 8.00 a.m.	B.Com I	Warming up, Surya namaskar,, Omkar, Omkar and Anulom Vilom	25
2	26/12/2018	7.30 to 8.00 a.m.	B.Com I	Surya Namaskar, Omkar ,Anulom Vilom ,Padmasan and Pandukasan	30
3	27/12/2018	7.30 to 8.00 a.m.	B.Com I and II	Surya namaskar,,Omkar , Kapalbhati Bhramari pranayam, Vajrasan and pandukasan	30
4	28/12/2018	7.30 to 8.00 a.m.	B.Com I and III	Surya namaskar, Omkar , Kapalbhati , Padmasan and Sukhasan	25
5	1/1/2019	7.30 to 8.00 a.m.	B.Com III	Surya namaskar,Omkar ,Anulom Vilom ,Vajrasan ,Padmasan and Paschimottanasan	11
6	2/1/2019	7.30 to 8.00 a.m.	B.Com I	Surya namaskar,Omkar ,Anulom Vilom ,Vajrasan ,padmasan and Tadasan	09
7	3/1/2019	7.30 to 8.00 a.m.	B.Com II	Surya namaskar, Vrukshasan, Pandukasan and Anulom Vilom	10

### : Yoga Sessions during 2018-19:

8	4/1/2019	7.30 to 8.00 a.m.	B.Com II	Surya namaskar,Dhanurasan ,Bhramari Pranayam	13
9	7/1/2019	7.30 to 8.00 a.m.	B,A.I and B.Com.III	Surya namaskar, Omkar , Tadasan , Vrukshasan, and Padmasan	16
10	8/1/2019	7.30 to 8.00 a.m.	B.Com I	Surya namaskar,Omkar ,Anulom Vilom ,Vrukshasan and Tadasan	11
11	9/1/2019	7.30 to 8.00 a.m.	B,A.I and B.Com.III	Surya namaskar,Omkar ,Anulom Vilom ,vajrasan ,padmasan and kapalbhati	09
12	10/1/2019	7.30 to 8.00 a.m.	B.Com II	Surya namaskar,Omkar ,Anulom Vilom , Tadasan ,Vrikshasan ,and Padmasan	06
13	14/1/2019	7.30 to 8.00 a.m.	B. A.I	Surya namaskar, Tadasan .Vrukshasan and Pandukasan	22
14	15/1/2019	7.30 to 8.00 a.m.	B.A.III and B.A.I	Surya namaskar,Tadasan .Vrukshasan and Pandukasan	10
15	16/1/2019	7.30 to 8.00 a.m.	B.Com I	Surya namaskar, Omkar, Anulom Vilom ,Bhramari Pranayam and Paschimottanasan	13
16	21/1/2019	7.30 to 8.00 a.m.	B. A.I	Surya namaskar, Tadasan , Vrukshasan ,Kapalbhati and Padmasan	06
17	11/2/2019	7.30 to 8.00 a.m.	B. A.I	Surya namaskar, Tadasan . Vrukshasan and pandukasan	07
18	12/2/2019	7.30 to 8.00 a.m.	B. A.II	Surya namaskar,Omkar ,Anulom Vilom , Tadasan ,Vrikshasan ,and Padmasan	22
9	13/2/2019	7.30 to 8.00 a.m.	B.Com I	Surya namaskar, Tadasan, Vrukshsan ,Omkar Pranayam, and Kapalbhati	18
20	14/2/2019	7.30 to 8.00 a.m.	B.Com I	Surya namaskar, vrukshasan, Pandukasan , Vajrasan and Anulom Vilom	10
21	18/2/2019	7.30 to 8.00 a.m.	B. A.I	Surya namaskar, Tadasan, Vrukshsan Vairasan and Padmasan	14

## > Training session on Yoga

A workshop on Yogasans and Surya Namaskar was organized on **5 February 2019**. Shri .Sandip Mandale , Assistant Professor, HVPM College of Physical Education ,Amravati was the resource person. Shri Mehul Kumar from HVPM accompanied him as demonstrator. He demonstrated many Yogasan and Surya Namaskar step by step. 200 students and 10 teachers participated in the programme .

## YOGA IN 2017-18

Total 08 sessions of Yoga practice were held during 05 to 15 February 2018 .Total 225 students participated in these sessions.

Sr. No	Date	Timing	Class	Yogasanas performed	No. of Participants
1	5/2/2018	7.30 to 8.00 a.m.	B.A.I	Surya Namaskar, Pranayam , Kapalbhati and Tadasan	25
2	6/2/2018	7.30 to 8.00 a.m.	B.A.II and III	Surya Namaskar, Vajrasan and Tadasan	35
3	7/2/2018	7.30 to 8.00 a.m.	B.Com I	Surya namaskar,,Omkar .Kapalbhati Vajrasan and Padmasan	30
4	8/2/2018	7.30 to 8.00 a.m.	B.Com II	Surya namaskar, vakshasan Vajrasan and Tadasan	20
5	9/2/2018	7.30 to 8.00 a.m.	B.Com II and III	Surya namaskar,Omkar ,Anulom Vilom ,vajrasan and Tadasan	40
6	12/2/2018	7.30 to 8.00 a.m.	B.A.I	Surya namaskar,Omkar ,kapal Bhati and padmasan	30
7	14/2/2018	7.30 to 8.00 a.m.	B.A.II	Surya namaskar, vakshasan Vajrasan and Tadasan	20
8	15/2/2018	7.30 to 8.00 a.m.	B.Com II	Surya namaskar, vakshasan Vajrasan and Tadasan	25

## : Yoga Sessions during 2017-18:

### > Training Session on Yoga

A workshop was organized on Yogasans and Surya Namaskar on **3 January 2018**. Shri .Sandip Mandale , Assistant Professor, HVPM College of Physical Education ,Amravati was the resource person. Shri Aditya Pund from HVPM accompanied him as demonstrator. Many Yogasan and Surya Namaskar were demonstrated step by step. 200 students and 10 teachers participated in the programme .

## Evidence of Success

The introduction of Yoga for students in the college has its own limitations. In spite of this, it has found some positive changes for students' progression. The changes are as followed.

- 1) Average 25 participated in daily Yoga and Surya Namaskar sessions .
- A good number of participated in training session of Yoga and Surya Namaskar organized by the college in last five years.
- Yoga is always useful for students. It brings positive changes in terms of promotion of concentration, classroom attention, generation of confidence among students and mind stability.

#### Limitations

- Low awareness about Yoga among students is the cause of low participation. More attention should be paid to promote awareness in future.
- The rate of participation and generation of confidence building is not attained at desired level. There is hesitation in students to explore their sense and consciousness about Yoga.
- The students are more attracted to use mobiles and social media. This has negatively affected their desire to participate in collective activities like Yoga.

#### **Resource Required**

- Director of Physical Education is committed to conduct Yoga sessions. The Deptt of Physical Education should make more efforts to increase the number of participating students.
- 2) Teachers should motivate students to participate in daily Yoga session.
- 3) Enthusiasm and participation of students in engaging Yoga is most important.

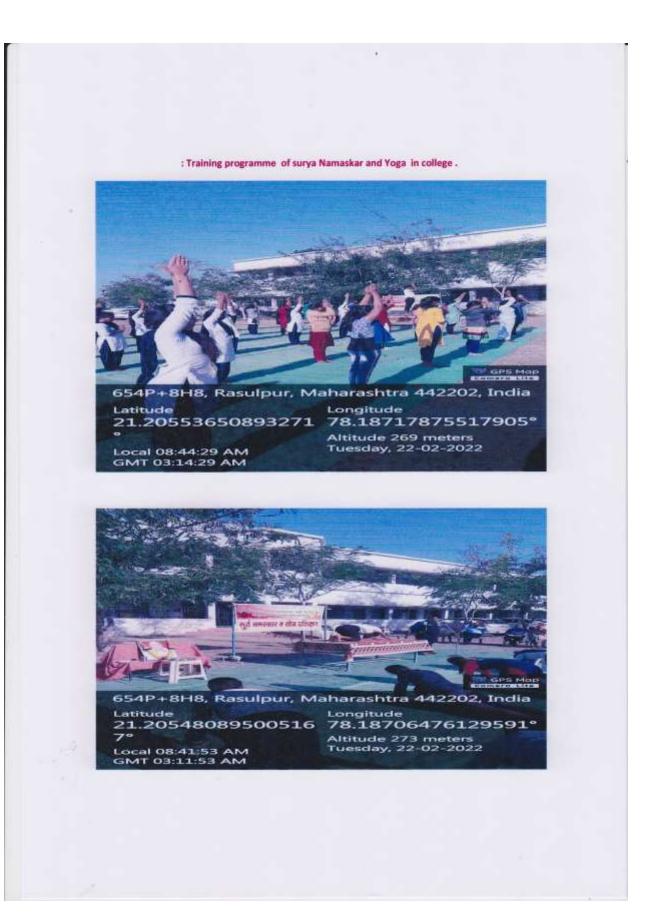
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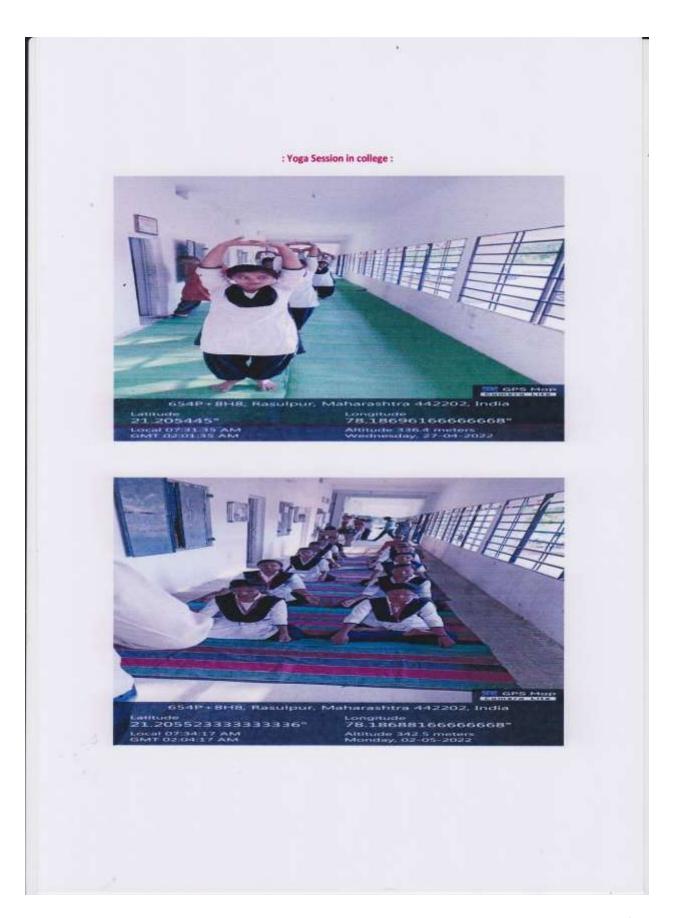
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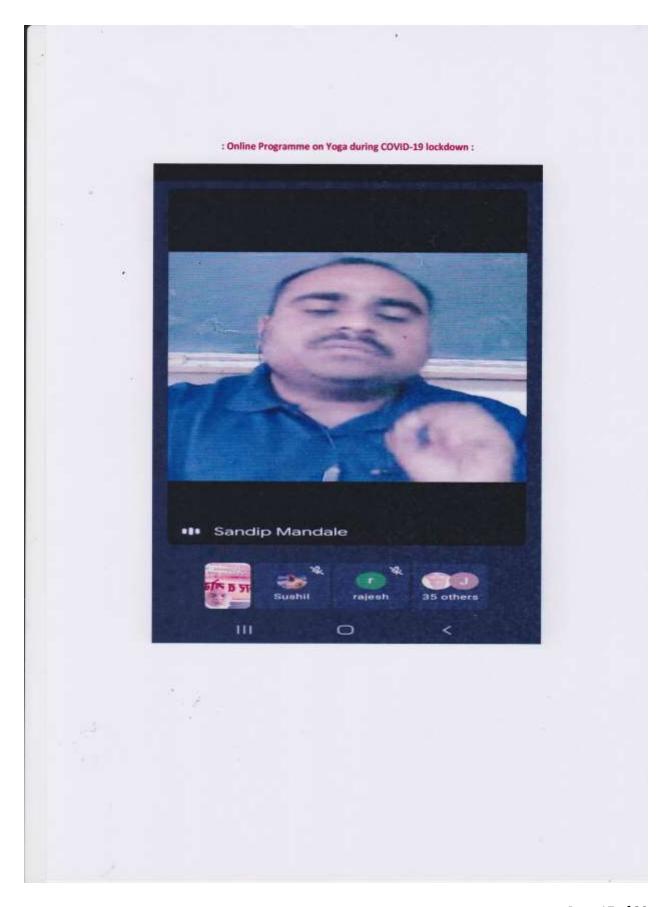
















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Best Practice II

: Creating Awareness about Road Safety:

## Best Practice II : Creating Awareness about Road Safety:

### **Objectives**:

(1) To convince students and citizens about importance of road safety in human life.

(2) To create awareness about rules and regulations of road traffic.

(3) To encourage safer road user behaviour

#### Context:

In today's world road transport has become integral part of every human being. Everybody is road user in one shape or the other .The present development has minimized the distances but on the other hand , it has increased the life risk. Every year road accidents result in loss of millions of lives and serious injuries to people.

In India about eighty thousand people are killed every year .Drivers behind the wheels are the main factor behind most of the crashes .These crashes occur due to carelessness or due to lack of road safety awareness of the road user. Hence road safety education is as essential as any other basic skill of survival.

The number of vehicles is growing everywhere. The unlimited growth is causing multiple problems about proper parking places, excessive fuel consumption and pollution hazard.

Some basic principles about road safety should universally accepted . They are :

(1)Human error is the main cause of most crashes and loss of human lives.

(2)A human being has limited physical ability to bear physical injuries .

(3)Life of a human being is precious and it is above all priorities .

## The Practice :

NSS unit organizes road safety campaign in co-operation with local police authorities every year during road safety week. In the beginning NSS volunteers take out a rally by the main road of the town .The hold placards and banners that display messages to avoid mistakes while driving on roads and save human life. Volunteers stand by the sides of the main road in Ashti and circulate pamphlets that appeal to follow traffic rules. They also present rose flowers to drivers as a mark of goodwill and safety. They also perform a small street play that gives message to follow traffic rules and save one's own life.

<sup>•</sup>Drink and Drive 'is also a serious concern in road traffic as it is a major cause of many crashes. Everybody should realize that one should not drink and drive as it endangers life of others. It is also found that some people put fancy number plates on their vehicles. It can lead to misleading information in case of mishap. Hence an appeal is made to all not to put fancy number plates on the vehicles. The sub-inspector and police staff co-operate the NSS unit in this campaign. The college has been organizing this activity for last five years .A brief summary of the initiative organized in last five years is as follows :

## 2021-22

The NSS unit organized a Road Safety Campaign on **08 January 2022** with co-operation of local Police station and traffic control authorities. All students followed rules of social distancing in the campaign. **Shri. Anil Derkar ,Sub inspector**, Ashti Police Station guided students that they should avoid using mobile while driving and wear helmets while driving bikes.

## 2020-21

The NSS unit organized a Road Safety Campaign on 17 February 2021 with co-operation of local Police station and traffic control authorities. The students circulated pamphlets to local drivers and drivers of passing vehicles on the road under observation of police authorities. A rose flower was given to drivers as greeting. All students followed rules of social distancing in the campaign in view of COVID-19 pandemic. Shri . Devidas Thamke ,Sub inspector , Ashti Police Station guided the students that they should avoid using mobile while riding bikes . Nobody should not fit fancy number plates on vehicles. He appealed all citizens to follow the traffic rules and save human life.



A rally for road safety was organized on 16 January 2020 under guidance of Dr. P.M. Jadhao ,NSS Programme Officer and Shri . Dewanand Kekan , Sub Inspector of police station Ashti. NSS Volunteers displayed placards of road safety alongside the road. They also convinced the drivers of passing vehicles not to rush their vehicles. While speaking on this occasion, Sub-Inspector Shri Dewanand Kekan appealed that; 'NSS Volunteers should come forward to educate citizens for fitting reflectors on vehicles, using seat belts and helmets .People should not use fancy number plates and avoid using mobile phones while driving. Illegal passenger transport should also be discouraged. He expressed dissatisfaction that parents allow their ward of minor age to drive vehicles.

## 2018-19

NSS Volunteers took out a rally in presence of NSS Program Officer Dr. Prashant Jadhao on 8 January 2019. NSS Programme officer Dr.P.M. Jadhao and Shri, Rewchand Singanjude, Sub Inspector of police station Ashti guided the rally, Teachers of the college and Police Station Staff, Ashti co-operated in the rally. They displayed placards of road safety in the rally. Pamphlets giving message of road safety were circulated along the road side.

## 2017-18

A road safety campaign was organized on 14 February 2018 under the guidance of Dr. P.M. Jadhao, NSS Programme Officer and Shri. Bhagwan Khartode, Sub Inspector of police Station Ashti at State Highway 244 (Pulgaon-Arvi- Warud). NSS Volunteers took out a rally and displayed placards of road safety alongside the road. Sub-Inspector of Police Shri Bhagwan Khartode appealed that students should cooperate with the police by educating the citizens for fitting reflectors on vehicles, using seat belts and helmets. People should not use fancy number plates and avoid using mobile phones while driving. Illegal passenger transport should also be discouraged.

## Evidence of Success:

(1)The NSS Unit has successfully and consistently organized road safety campaigns in last five years .

(2)The local police authorities have always co-operated with the college in the campaign .

(3)The people also operate the college in the campaign

## Problems encountered :

(1)People in general have tendency to neglect traffic rules .

(2)Students are not aware of traffic rules and regulations .

(3)Parents are not aware of the danger when they allow their teenager wards to drive.

### Resources required:

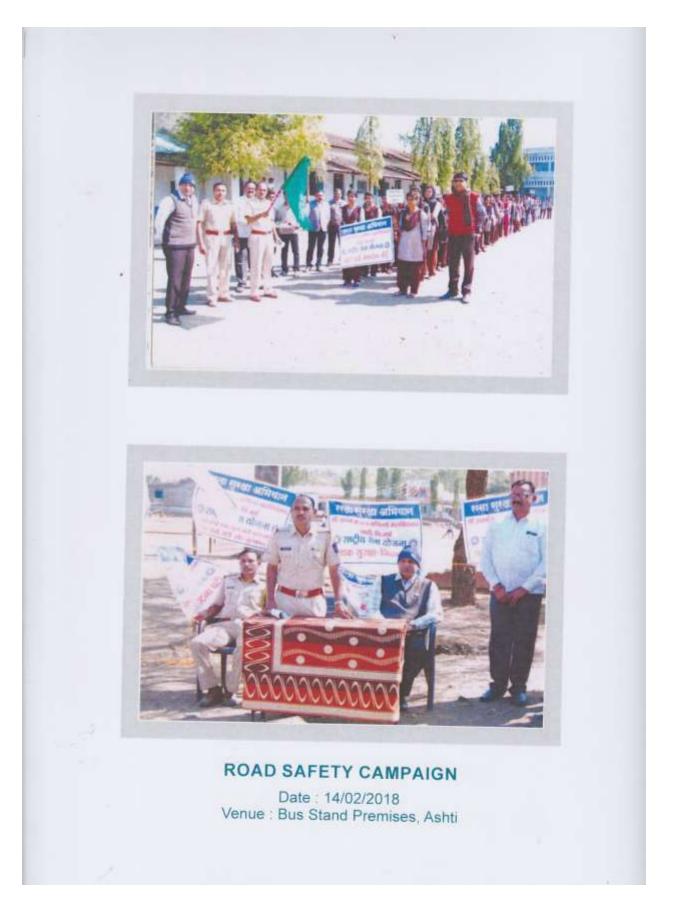
(1)A dedicated team of teachers and volunteers should come forward and lead a mission to create awareness in people and especially parents to follow traffic rules.

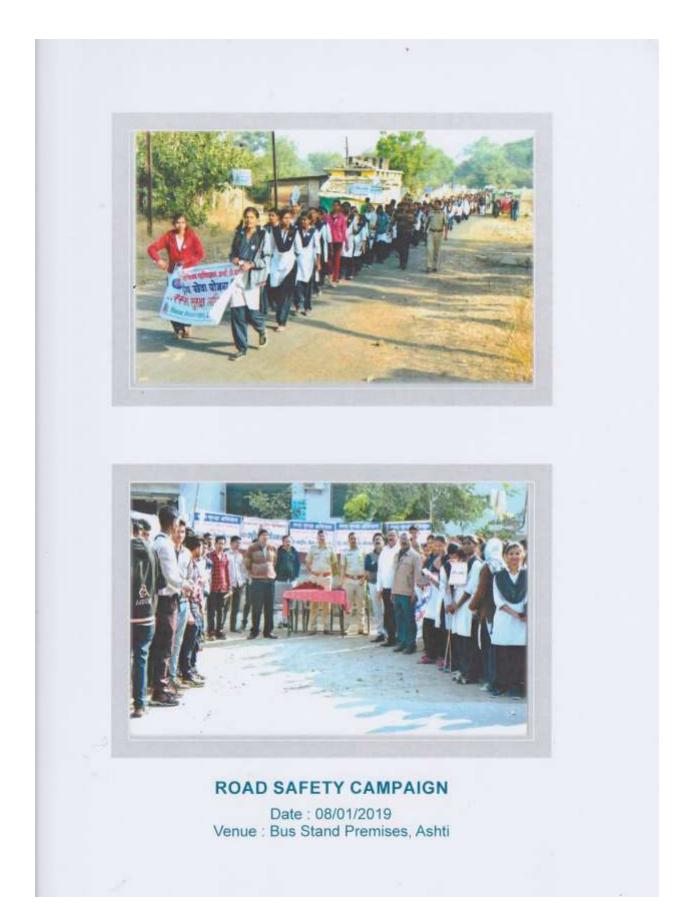
(2)All sectors of society should co-operate government authorities to prevent loss of human lives in road crashes.

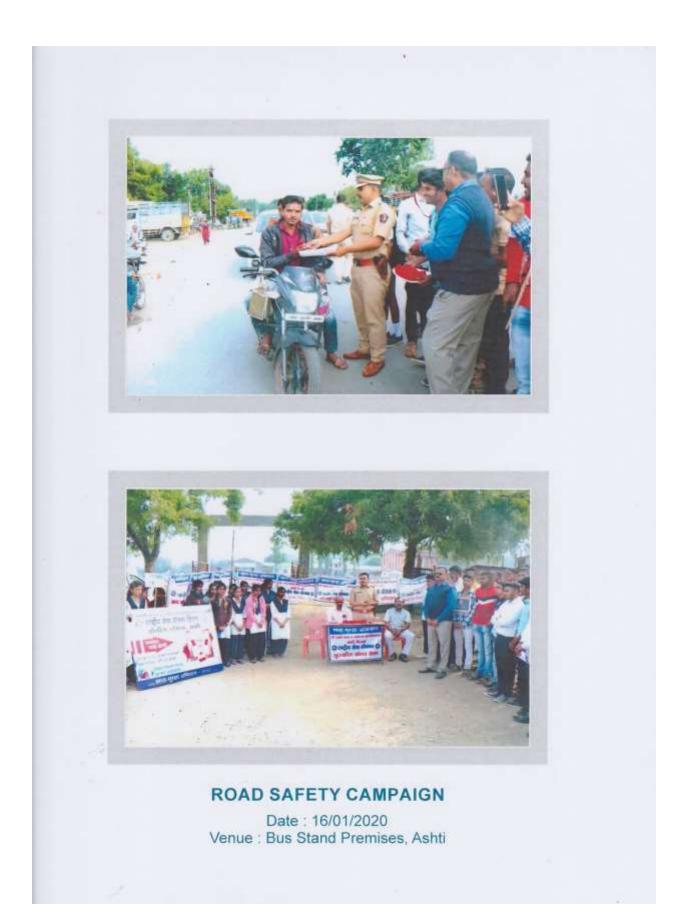
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## **ROAD SAFETY CAMPAIGN**

Date : 17/02/2021 Venue : Bus Stand Premises, Ashti



Date : 08/01/2022 Venue : College Premises



Date : 08/01/2022 Venue : Bus Stand Premises, Ashti